



PSHE Overview

2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Ten Ten Module 1: Created and Loved by God Unit 1 (Religious Understanding) <i>Assessment Activity – Our world</i> Handmade with love (5 story sessions) Unit 2 (Me, My body, My health) <i>Assessment Activity – I am special</i> I am me (session 1) Heads, shoulders, knees and toes (session 2) Ready Teddy (session 3)	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing) <i>Assessment Activity – Feelings, likes and needs</i> I like, you like, we all like! (session 1) All the Feelings (session 2) Let's get real (session 3) Unit 4 (Life Cycles) <i>Assessment Activity – In my life</i> Growing up (session 1) New people, new places and classroom shorts (session 2)	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding) <i>Assessment Activity – God's family</i> Role model (session 1) Unit 2 (Personal Relationships) <i>Assessment Activity – Friends and family</i> Who's who? (session 1) You've got a friend in me (session 2) Forever friends (session 3)	Ten Ten Module 2: Created to love others Unit 3 (Life online) <i>Unit Prayer and assessment activity.</i> Session 1 – What is the internet? Session 2- Playing Online Unit 3 (Keeping Safe) <i>Assessment Activity – My body</i> Safe inside and out (session 1) My body, my rules (session 2) Feeling poorly (session 3) People who help us (session 4)	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding) <i>Assessment Activity – All together</i> God is love (session 1) Loving God, loving others (session 2)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World) <i>Assessment Activity – Helping out</i> Me, you, us (session 1) When I grow up and classroom shorts (Session 2) Money doesn't grow on trees and classroom shorts (Session 3)
	British Values Zones of Regulation Transition Activities E- Safety Growth Mindset	British Values- Democracy Zones of Regulation UK Parliament Week Anti Bullying Week	British Values- Tolerance Zones of Regulation Children's Mental Health Week Safer Internet Day	British Values- Respect Zones of Regulation Lenten Alms	British Values- Liberty Zones of Regulation Earth Day Fairtrade Day World Hunger Day	British Values- Rule of Law Zones of Regulation Day of Welcome/ World Refugee Day Careers Week

	McMillan Coffee Morning International Day of Peace International Day of Democracy McMillan Coffee Morning World Mental Health Day DLD Awareness Day	First Aid Training for Children Black History Month Children in Need International Day of Tolerance Remembrance Sunday Road Safety Week Fire Service- Dangers of Frozen Water Christmas Jumper Day	Random Acts of Kindness Day Sign Language Week			World Environment Day World Environment Day Transition Activities
Year 1	Ten Ten Module 1: Created and Loved by God Unit 1 (Religious Understanding) <i>Assessment Activity -This is me</i> Let the Children Come (5 story sessions) Unit 2 (Me, My body, My health) <i>Assessment Activity – This is me</i> I am Unique (session 1) Girls and Boys (session 2)	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing) <i>Assessment Activity – Feelings</i> Feelings, likes, dislikes (session 1) Feelings inside out (session 2) Super Susie gets angry (session 3) Unit 4 (Life Cycles) <i>Assessment Activity – Lifelines</i>	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding) <i>Assessment Activity - Friends</i> God Loves You (session 1) Unit 2 (Personal Relationships) <i>Assessment Activity – Being with others</i> Special People (session 1) Treat others well... (session 2)	Ten Ten Module 2: Created to love others Unit 3 (Life online) <i>Assessment activity</i> Real Life online (session 1) Rules to help us (session 2) Unit 4 (Keeping Safe) <i>Assessment Activity – Safe or Unsafe?</i> Good secrets and bad secrets (session 1) Physical Contact (session 2)	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding) <i>Assessment Activity – Thinking about God</i> Three in One (session 1) Who is my Neighbour? (session 2)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World) <i>Assessment Activity – Me and My Community</i> The Communities we live in (session 1) Who will I be? (Session 2) Needs and wants and Class room Shorts (Session 3)

	Clean and Healthy (session 3/4)	The Cycle of Life (session 1) Change is all around and classroom shorts (Session 3)	...and say sorry (session 3)	Harmful Substances (session 3) Can you help me? (session 4 and 5)		
	British Values Zones of Regulation Transition Activities E- Safety Growth Mindset McMillan Coffee Morning International Day of Peace International Day of Democracy McMillan Coffee Morning World Mental Health Day DLD Awareness Day	British Values- Democracy Zones of Regulation UK Parliament Week Anti Bullying Week First Aid Training for Children Black History Month Children in Need International Day of Tolerance Remembrance Sunday Road Safety Week Fire Service- Dangers of Frozen Water Christmas Jumper Day	British Values- Tolerance Zones of Regulation Children's Mental Health Week Safer Internet Day Random Acts of Kindness Day Sign Language Week	British Values- Respect Zones of Regulation Lenten Alms	British Values- Liberty Zones of Regulation Earth Day Fairtrade Day World Hunger Day	British Values- Rule of Law Zones of Regulation Day of Welcome/ World Refugee Day Careers Week World Environment Day Water Safety Transition Activities
Year 2	Ten Ten Module 1: Created and Loved by God	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing)	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding)	Ten Ten Module 2: Created to love others Unit 3 (Life online) <i>Assessment activity</i>	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World)

	Unit 1 (Religious Understanding) <i>Assessment Activity -This is me</i> Let the Children Come (5 story sessions) Unit 2 (Me, My body, My health) <i>Assessment Activity – This is me</i> I am Unique (session 1) Girls and Boys (session 2) Clean and Healthy (session 3/4)	<i>Assessment Activity – Feelings</i> Feelings, likes, dislikes (session 1) Feelings inside out (session 2) Super Susie gets angry (session 3) Unit 4 (Life Cycles) <i>Assessment Activity – Lifelines</i> The Cycle of Life (session 1) Beginnings and endings (Session 2) Change is all around and classroom shorts (Session 3)	<i>Assessment Activity - Friends</i> God Loves You (session 1) Unit 2 (Personal Relationships) <i>Assessment Activity – Being with others</i> Special People (session 1) Treat others well... (session 2) ...and say sorry (session 3)	Real Life online (session 1) Rules to help us (session 2) Unit 4 (Keeping Safe) <i>Assessment Activity – Safe or Unsafe?</i> Good secrets and bad secrets (session 1) Physical Contact (session 2) Harmful Substances (session 3) Can you help me? (session 4/5)	<i>Assessment Activity – Thinking about God</i> Three in One (session 1) Who is my Neighbour? (session 2)	<i>Assessment Activity – Me and My Community</i> The Communities we live in (session 1) Who will I be? (Session 2) Needs and wants and Classroom Shorts (Session 3)
	British Values Zones of Regulation Transition Activities E- Safety Growth Mindset McMillan Coffee Morning International Day of Peace	British Values- Democracy Zones of Regulation UK Parliament Week Anti Bullying Week First Aid Training for Children Black History Month Children in Need	British Values- Tolerance Zones of Regulation Children's Mental Health Week Safer Internet Day Random Acts of Kindness Day Sign Language Week	British Values- Respect Zones of Regulation Lenten Alms	British Values- Liberty Zones of Regulation Earth Day Fairtrade Day World Hunger Day	British Values- Rule of Law Zones of Regulation Day of Welcome/ World Refugee Day Careers Week World Environment Day World Environment Day Transition Activities

	International Day of Democracy McMillan Coffee Morning World Mental Health Day DLD Awareness Day	International Day of Tolerance Remembrance Sunday Road Safety Week Fire Service- Dangers of Frozen Water Christmas Jumper Day				
Year 3	Ten Ten Module 1: Created and Loved by God Unit 1 (Religious Understanding) <i>Assessment Activity – Tell Zog</i> Get Up! (5 story sessions) The Sacraments (session 1) Unit 2 (Me, My body, My health) <i>Assessment Activity – All different: All loved</i> We don't have to be the same (session 1) Respecting our bodies (session 2)	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing) <i>Assessment Activity – My Feelings</i> What am I feeling? (session 1) What am I looking at? (session 2) I am thankful! (session 3) Unit 4 (Life Cycles) <i>Assessment activity</i> Life Cycles (Session 1) A Time for everything (session 2) Big Changes, Little Changes (Session 3)	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding) <i>Assessment Activity – Friendship cake</i> Jesus my friend (4 story sessions) Unit 2 (Personal Relationships) <i>Assessment Activity – My Relationships</i> Friends, family and others (session 1) When things feel bad (session 2)	Ten Ten Module 2: Created to love others Unit 3 (Life Online) <i>Assessment Activity</i> Sharing online (Session 1) Chatting on line part 2 (Session 2) Unit 4 (Keeping safe) <i>Assessment Activity</i> Safe in my body (Session 1) Drugs, Alcohol and tobacco (Session 2) First Aid Heroes (Session 3) Rights and responsibilities (Session 4)	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding) <i>Assessment Activity – God and me</i> A community of love (Session 1) What is the church? (session 2)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World) <i>Assessment Activity – love in action</i> How do I love others? (session 1) Working together (Session 2) Money matters (Session 3)

	British Values Zones of Regulation Transition Activities E- Safety Growth Mindset McMillan Coffee Morning International Day of Peace International Day of Democracy McMillan Coffee Morning World Mental Health Day DLD Awareness Day	British Values- Democracy Zones of Regulation UK Parliament Week Anti Bullying Week First Aid Training for Children Black History Month Children in Need International Day of Tolerance Remembrance Sunday Road Safety Week Fire Service- Dangers of Frozen Water Christmas Jumper Day	British Values- Tolerance Zones of Regulation Children's Mental Health Week Safer Internet Day Random Acts of Kindness Day Sign Language Week	British Values- Respect Zones of Regulation Lenten Alms	British Values- Liberty Zones of Regulation Earth Day Fairtrade Day World Hunger Day	British Values- Rule of Law Zones of Regulation Day of Welcome/ World Refugee Day Careers Week World Environment Day World Environment Day Transition Activities
Year 4	Ten Ten Module 1 Created and Loved by God Unit 1 (Religious Understanding) <i>Assessment Activity –Tell Zog</i> Get Up! (5 story sessions)	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing) <i>Assessment Activity – My Feelings</i> What am I feeling? (session 1)	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding) <i>Assessment Activity – Friendship cake</i> Jesus my friend (4 story sessions) Unit 2 (Personal Relationships)	Ten Ten Module 2: Created to love others Unit 3 (Life Online) <i>Assessment Activity</i> Sharing online (Session 1) Chatting on line part 2 (Session 2)	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding) <i>Assessment Activity – God and me</i> A Community of Love (session 1)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World) <i>Assessment Activity – love in action</i> How do I love others? (session 1)

	The Sacraments (session 1) Unit 2 (Me, My body, My health) <i>Assessment Activity – All different: All loved</i> We don't have to be the same (session 1) Respecting our bodies (session 2) What is puberty? (session 3) Changing bodies (Session 4)	What am I looking at? (session 2) I am thankful! (session 3) Unit 4 (Life Cycles) <i>Assessment activity</i> Life Cycles (Session 1) A Time for everything (session 2) Big Changes, Little Changes (Session 3)	<i>Assessment Activity – My Relationships</i> Friends, family and others (session 1) When things feel bad (session 2)	Unit 4 (Keeping safe) <i>Assessment Activity</i> Safe in my body (Session 1) Drugs, Alcohol and tobacco (Session 2) First Aid Heroes (Session 3) Rights and responsibilities (Session 4)	What is the church? (session 2)	Working together (Session 2) Money matters (Session 3)
	British Values Zones of Regulation Transition Activities E- Safety Growth Mindset McMillan Coffee Morning International Day of Peace International Day of Democracy McMillan Coffee Morning World Mental Health Day	British Values- Democracy Zones of Regulation UK Parliament Week Anti Bullying Week First Aid Training for Children Black History Month Children in Need International Day of Tolerance Remembrance Sunday	British Values- Tolerance Zones of Regulation Children's Mental Health Week Safer Internet Day Random Acts of Kindness Day Sign Language Week	British Values- Respect Zones of Regulation Lenten Alms	British Values- Liberty Zones of Regulation Earth Day Fairtrade Day World Hunger Day	British Values- Rule of Law Zones of Regulation Day of Welcome/ World Refugee Day Careers Week World Environment Day World Environment Day Transition Activities

	DLD Awareness Day	Road Safety Week				
		Fire Service- Dangers of Frozen Water				
		Christmas Jumper Day				
Year 5	Ten Ten Module 1: Created and Loved by God Unit 1 (Religious Understanding) <i>Assessment Activity – A faithful God</i> Calming the storm (5 story sessions) Unit 2 (Me, My body, My health) <i>Assessment Activity – My beautiful body</i> Gifts and talents (session 1) Girls’ bodies (session 2) Boys’ bodies (session 3) Spots and sleep (session 4)	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing) <i>Assessment Activity – This is me</i> Body image (session 1) Peculiar feelings (session 2) Emotional changes (session 3) Seeing stuff online (session 4) Unit 4 (Lifecycles) <i>Assessment Activity – Growing up</i> Making babies Part 1 (session 1) Menstruation (session 2) Hope beyond death (Session 3) Coping with change (Session 4)	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding) <i>Assessment Activity – Talking to God</i> God is calling you? (session 1) Unit 2 (Personal Relationships) <i>Assessment Activity – ‘Pete under pressure’</i> Under pressure (session 1) Do you want a piece of cake? (session 2) Self-talk (session 3) Build others up (Session 4)	Ten Ten Module 2: Created to love others Unit 3 (Life online) <i>Assessment Activity – Dear Diary</i> Sharing isn’t always caring (session 1) Cyberbullying (session 2) Unit 4 (Keeping Safe) <i>Assessment Activity</i> Types of abuse (session 1) Impacted lifestyles (session 2) Making good choices (session 3) Giving assistance (session 4)	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding) <i>Assessment Activity – Loving our neighbour</i> The Holy Trinity (session 1) Catholic Social Teaching (session 2)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World) <i>Assessment Activity – created to live in community</i> Reaching out (session 1) The world of work (session 2) Money and me (Session 3)

	British Values	British Values- Democracy	British Values- Tolerance	British Values- Respect	British Values- Liberty	British Values- Rule of Law
	Zones of Regulation Transition Activities E- Safety Growth Mindset McMillan Coffee Morning International Day of Peace International Day of Democracy McMillan Coffee Morning World Mental Health Day DLD Awareness Day	Zones of Regulation UK Parliament Week Anti Bullying Week First Aid Training for Children Black History Month Children in Need International Day of Tolerance Remembrance Sunday Road Safety Week Fire Service- Dangers of Frozen Water Christmas Jumper Day	Zones of Regulation Children's Mental Health Week Safer Internet Day Random Acts of Kindness Day Sign Language Week	Zones of Regulation Lenten Alms	Zones of Regulation Earth Day Fairtrade Day World Hunger Day	Zones of Regulation Day of Welcome/ World Refugee Day Careers Week World Environment Day World Environment Day Transition Activities
Year 6	Ten Ten Module 1: Created and Loved by God Unit 1 (Religious Understanding) <i>Assessment Activity – A faithful God</i> Calming the storm (5 story sessions)	Ten Ten Module 1: Created and Loved by God Unit 3 (Emotional Wellbeing) <i>Assessment Activity – This is me</i> Body image (session 1)	Ten Ten Module 2: Created to love others Unit 1 (Religious Understanding) <i>Assessment Activity – Talking to God</i> God is calling you? (session 1)	Ten Ten Module 2: Created to love others Unit 3 (Life online) <i>Assessment Activity – Dear Diary</i> Sharing isn't always caring (session 1) Cyberbullying (session 2)	Ten Ten Module 3: Created to Live in Community Unit 1 (Religious Understanding) <i>Assessment Activity – Loving our neighbour</i> The Holy Trinity (session 1)	Ten Ten Module 3: Created to Live in Community Unit 2 (Living in the Wider World) <i>Assessment Activity – created to live in community</i> Reaching out (session 1)

	Unit 2 (Me, My body, My health) <i>Assessment Activity – My beautiful body</i> Gifts and talents (session 1) Girls’ bodies (session 2) Boys’ bodies (session 3) Spots and sleep (session 4)	Peculiar feelings (session 2) Emotional changes (session 3) Seeing stuff online (session 4) Unit 4 (Lifecycles) <i>Assessment Activity – Growing up</i> Making babies Part 1 (session 1) Menstruation (session 2) Hope beyond death (Session 3) Coping with change (Session 4)	Unit 2 (Personal Relationships) <i>Assessment Activity – ‘Pete under pressure’</i> Under pressure (session 1) Do you want a piece of cake? (session 2) Self-talk (session 3) Build others up (Session 4)	Unit 4 (Keeping Safe) <i>Assessment Activity</i> Types of abuse (session 1) Impacted lifestyles (session 2) Making good choices (session 3) Giving assistance (session 4)	Catholic Social Teaching (session 2)	The world of work (session 2) Money and me (Session 3)
	British Values Zones of Regulation Transition Activities E- Safety Growth Mindset McMillan Coffee Morning International Day of Peace International Day of Democracy	British Values- Democracy Zones of Regulation UK Parliament Week Anti Bullying Week First Aid Training for Children Black History Month Children in Need	British Values- Tolerance Zones of Regulation Children’s Mental Health Week Safer Internet Day Random Acts of Kindness Day Sign Language Week	British Values- Respect Zones of Regulation Lenten Alms	British Values- Liberty Zones of Regulation Earth Day Fairtrade Day World Hunger Day	British Values- Rule of Law Zones of Regulation Day of Welcome/ World Refugee Day Careers Week World Environment Day World Environment Day Transition Activities

	McMillan Coffee Morning	International Day of Tolerance				
	World Mental Health Day	Remembrance Sunday				
	DLD Awareness Day	Road Safety Week				
		Fire Service- Dangers of Frozen Water				
		Christmas Jumper Day				

For our PSHE curriculum we are using the Ten Ten Resources to support teaching. The programme is split into different stages, EYFS, Key Stage 1, Lower Key Stage 2 and Upper Key Stage 2. The full learning stages are run twice for example, the full KS1 programme is taught in Year 1 and Year 2. The programme is repeated to ensure that learning is embedded as children build upon what they have previously learned.

RSE and PSHE will also be covered using our Come and See RE programme and the Science National Curriculum.

British Values

At the start of the term all of British Values will be taught. Each Half term we will focus on one of the British Values which will be taught in the first lesson.